

SAMS WEST- psyllium husk capsule
SAM'S WEST INC

Fiber Capsules Psyllium Husk 400 Capsules

Drug Facts

Active ingredient (in each capsule)

Psyllium husk approximately 0.52 g

Purpose

Fiber Laxative

Uses

- effective in treating occasional constipation and restoring regularity

Warnings

Choking

Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

Allergy alert

This product may cause allergic reaction in people sensitive to inhaled or ingested psyllium.

Ask a doctor before use if you have

- a sudden change in bowel habits persisting for 2 weeks
- abdominal pain, nausea or vomiting

Stop use and ask a doctor if

- constipation lasts more than 7 days
- rectal bleeding occurs

These may be signs of a serious condition.

Keep out of reach of children

In case of overdose, get medical help or contact a Poison Control Center right away at 1-800-222-1222.

Directions

- Take this product with at least 8 ounces (a full glass) of water or other fluid. Taking this product without enough liquid may cause choking. See choking warning.
- **Adults 12 years and older:** 5 capsules with at least 8 oz. of liquid (swallow 1 capsule at a time) at the first sign of irregularity. Can be taken up to 3 times daily. Generally produces effect in 12-72 hours.
- **children 12 years and under:** Ask a doctor
- Laxatives, including bulk fibers, may affect how well other medicines work. If you are taking a prescription medication by mouth, take this product at least 2 hours before or 2 hours after the prescribed medicine.
- As your body adjusts to increased fiber intake, you may experience changes in bowel habits or minor bloating.

Other information

- each capsule contains: **potassium 5 mg**
- capsules are sealed using a band around the middle
- store at room temperature tightly closed to protect from humidity
- contains a 100% natural, therapeutic fiber
- tamper evident: do not use if printed inner seal under cap is broken or missing

Inactive ingredients

caramel color, edible ink, gelatin, polysorbate 80

Questions or comments?

1-866-467-2748

PRINCIPAL DISPLAY PANEL - 400 Capsules

NDC **68196-119-40**

Member's Mark®

QUALITY GUARANTEED

Compare to the Metamucil® MultiHealth Capsules® active ingredient*

100% natural psyllium fiber

Fiber capsules

Fiber supplement laxative for regularity

- Helps maintain blood sugar levels as part of your diet**
- Helps lower cholesterol to promote heart health††
- Promotes digestive health**

GLUTEN FREE

400 CAPSULES

LABORATORY TESTED

QUALITY ASSURED

††See back for information about soluble fiber and heart disease

****THESE STATEMENTS HAVE NOT BEEN EVALUATED BY FOOD AND DRUG ADMINISTRATION, THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE**

GLUTEN FREE (If you have specific dietary needs, you should dietary needs; you should consult your doctor before consuming this product. This product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels.)

DISTRIBUTED BY: SAM'S WEST, INC.

BENTONVILLE, AR 72716

For comments or suggestions, call us toll-free at 1-866-467-2748 from 8:00 a.m. to 5:00 p.m. CST Mon-Fri

*This product is not manufactured or distributed by Procter & Gamble, the distributor of Metamucil® Capsules.

Compare to Metamucil® Capsules 3 in 1 Multihealth Fiber!™**

Member's Mark™

100% Natural Psyllium Husk

Fiber Capsules

Fiber Supplement

- Promotes digestive health and regularity**
- Helps maintain healthy blood sugar levels as part of your diet**
- Helps maintain healthy cholesterol levels to promote heart health†

400 Capsules

actual size

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

†See back for information about soluble fiber and heart disease

Supplement Facts

Serving Size 5 Capsules
Servings Per Container 80

Amount Per Serving	% DV*
Calories 10	
Total Carb. 2 g	1%*
Dietary Fiber 2 g	7%*
Soluble Fiber 2 g	†
Protein <1 g	
Iron 0.4 mg	2%
Potassium 25 mg	1%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value (DV) not established.

INGREDIENTS: PSYLLIUM HUSK, GELATIN, POLYSORBATE 80, CARAMEL COLOR, EDIBLE INK.

DISTRIBUTED BY:
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BENTONVILLE, AR 72716

Made in the USA with domestic and imported ingredients.

GLUTEN FREE

We would love to hear about your Member's Mark experience! call us toll-free at 1-866-467-2748 from 8:00 a.m. to 5:00 p.m. CST Mon - Fri

HOW DO YOU USE THIS PRODUCT

Directions: Swallow 1 capsule at a time and take in an upright position. Bulk-forming fibers like psyllium husk may affect how well medicines work. Take this product at least 2 hours before or after medicines.

New Users: Start with 1 serving per day; gradually increase to desired daily intake. You may initially experience changes in bowel habits or minor bloating, as your body adjusts to increased fiber intake.

Uses

For lowering cholesterol to promote heart health. Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in this product, may reduce the risk of heart disease by lowering cholesterol. One serving of this product has 1.8 grams of this soluble fiber.	Directions (Adults 12 yrs and over) 5 capsules 4 times daily. Consult your doctor if you are considering use of this product as part of a cholesterol-lowering program.
For maintaining healthy blood sugar levels as part of your diet**	5 capsules 4 times daily. Consult your doctor before use if you are currently using medication to control your blood sugar levels.
For promoting and maintaining digestive health.** For occasional constipation and to help promote and maintain regularity.	2 to 5 capsules up to 4 times daily for fiber supplementation.
For children under 12 yrs.	consult a doctor.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away at 1-800-222-1222.

WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer. For more information, go to www.P65Warnings.ca.gov.

NOTICE: Take this product with at least 8 oz. (a full glass) of liquid. Taking without enough liquid may cause choking. Do not take if you have difficulty swallowing.

Store at room temperature. Keep tightly closed to protect from humidity.

Allergy alert: This product may cause allergic reaction in people sensitive to inhaled or ingested psyllium. Contact your doctor BEFORE USING this dietary supplement if you have recently experienced a sudden change in bowel habits persisting for 2 weeks, abdominal pain, nausea or vomiting. STOP USING this dietary supplement and ask a doctor if constipation lasts more than 7 days or rectal bleeding occurs. These may be signs of a serious condition.

This product has a low glycemic index, a measure of the effect of dietary carbohydrates on blood sugar levels.

Gluten-Free (may contain trace amounts less than 20 ppm). If you have specific dietary needs, you should consult your doctor before consuming this product.

CAPSULES ARE SEALED USING A BAND AROUND THE MIDDLE.

SAFETY SEALED: DO NOT USE IF PRINTED INNER SEAL UNDER CAP IS BROKEN OR MISSING.

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*This product is not manufactured or distributed by Procter & Gamble, owner of the registered trademark Metamucil® Capsules 3 in 1 MultiHealth Fiber!™.

119400-TP-MMLR

LOT:

EXP:

SAMS WEST

psyllium husk capsule

Product Information

Product Type

HUMAN OTC DRUG

Item Code (Source)

NDC:68196-119

Route of Administration	ORAL
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Active Ingredient/Active Moiety

Ingredient Name	Basis of Strength	Strength
Psyllium Husk (UNII: 0SHO53407G) (Psyllium Husk - UNII:0SHO53407G)	Psyllium Husk	0.52 g

Inactive Ingredients

Ingredient Name	Strength
CARAMEL (UNII: T9D99G2B1R)	
GELATIN, UNSPECIFIED (UNII: 2G86QN327L)	
POLYSORBATE 80 (UNII: 6OZP39ZG8H)	

Product Characteristics

Color	BROWN	Score	no score
Shape	CAPSULE	Size	21mm
Flavor		Imprint Code	RP119
Contains			

Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:68196-119-40	400 in 1 BOTTLE; Type 0: Not a Combination Product	05/21/2019	

Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	05/21/2019	

Labeler - SAM'S WEST INC (051957769)